

Abstract

Title: Changes in the rules of judo in the olympic cycle 2008-2012

Objectives: The aim of this work is to evaluate and make changes to the rules of judo influenced its development in recent years. In the broadest spectrum compare different techniques of judo and usability at different times. Determine judo hold index most frequently evaluated techniques. Based on changes in the rules to try to explain whether they are attempts IJF (International Judo Federation) to return to the "original " judo success.

Methods: Analysis of literature from the history of judo and judo training, The method of observation, interview method, document analysis captured in the form - written form, printed version, video, film

Results: Most rated technique in selected competitions during the 2000 – 2004 were: kata guruma, seoi nage, te guruma. For the period 2004 - 2009: kata guruma, seoi nage, te guruma. For the period after 2009 : uchi mata, seoi nage, harai goshi. Mostly scoring technique in the period 2000 – 2004 and 2005 – 2009 (kata guruma) wasn't scored in the period after the changes in teh rules

Keywords: judo, judo techniques, judo rules change, mostly scoring techniques